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JUST GETTING STARTED? BEGIN HERE WITH 5 QUESTIONS



TMI program veterans may recognize these particular 5 questions. Bob Monroe scripted them into a program exercise because they were, to him, effective tools for accessing information essential to the deeper understanding of one's existence.

If you are relatively new to this method of information gathering, 5 Questions is a great place to begin.

Sit or lie comfortably with eyes closed. Allow your thoughts to come and go like scenery through a car window, without attachment. As the mind quiets, relax...breathe...focus your intent...and ask yourself-

- Who am I?
- Where was I before this life experience?
- What is my purpose?
- What can I do now to best serve this purpose?
- What is the most important message that I can receive and understand at this time?

Pay attention to what arises. It may be images, words, feelings, sensations, memories, or even silence. Accept what you receive without censure.

When you feel ready, make notes on what you remember.